NEW CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS	
Child and Adult Nutrition Services	
USDA	
NEW INFANT MEAL PATTERN	
Infant Age Groups and Solid Foods	
<ul><li>Two age groups:</li><li>0-5 months and 6-11 months</li></ul>	
<ul> <li>Solid foods are allowed when developmentally</li> </ul>	
appropriate for the infant and parent is ready	
*Breakfast, lunch, and suppers all follow same	

## Infant Meals – Breakfast and Gradual Introduction of Solid Foods

		Old			New
	0-3 months	4-7 months	8-11 months	0-5 months	6-11 months
Breakfast	4-6 fl oz	4-8 fl oz	6-8 fl oz breastmilk or	4-6 fl oz	6-8 fl oz breastmilk or
Lunch or	breastmilk	breastmilk or	formula	breastmilk	formula
Supper	or formula	formula		or formula	$\overline{}$
			2-4 tbsp infant cereal		0-4 tbs) infant cereal,
		0-3 tbsp infant			meat, fish, poultry, whole
		cereal	1-4 tbsp vegetable,		eggs, cooked dry beans
			fruit or both		or peas or 0-2 oz cheese;
					or 0-4 oz (volume)
					cottage cheese; or 0-8 oz
					yogurt; or a
					combination*
				(	0-2 tbsp vegetable, fruit
					or both*

## **Breastfeeding and Infant Snack**

- Juice not allowed for infants
- A vegetable or fruit must be served at snack for older infants
- Meals may be reimbursed when a mother breastfeeds on-site
- Ready-to-eat cereals are allowed at snack for older infants

#### **Meat and Meat Alternates**

- Adds whole eggs
- Adds yogurt



# NEW CHILD AND ADULT

## Age Group Added (13-18 years)



Same Serving Sizes as the 6-12 year olds

## **Vegetables and Fruit**

- ❖Two Separate Groups
- Vegetable Group
- Fruit Group





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## **Vegetables and Fruit**

- Allows two vegetables at lunch and supper
  - Two fruits not allowed





## **Vegetables and Fruit**

- Will allow for snacks to include one fruit and one vegetable.
  - Not currently allowed





## **Vegetables and Fruit**

Limits juice to once per day across menus





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- Requires at least one grain per day be whole grain or whole grain-rich
- Must be recorded (WG or WGR) next to item on daily menus
- Must have labels



#### Whole Grain-Rich

• Whole grain-rich = foods that contain at least 50% whole grains and the rest of the grains are either enriched or whole grains

## Whole Grain Stamps Are NOT Enough



#### **Additional Information About Grains**

- Cereals will not say enriched, but are fortified.
- Look for the list of vitamins and minerals added below the ingredient list. If this list appears and the first ingredient is "whole" then it meets the whole grain rich requirements.
- Some grains are <u>not</u> creditable grains
  - Must fall behind a two percent or less statement (could also be one percent or less).

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#### **Non Creditable Grains List**

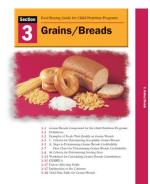
- Non Creditable Grains (must fall behind 2% or less statement)
  - Oat Fiber
- Corn Fiber
- Bran
- Germ
- Modified Food Starch
- · Corn Starch
- · Wheat Starch, including:
  - PotatoLegume
  - Other Vegetable Flours
- \*ADDITIONAL INFORMATION IS COMING SOON FROM USDA

What happens if WG / WGR requirement not followed?

Lowest rate meal (that included a grain) on the menu is disallowed for the day.

#### **Grains**

- Disallows grain-based desserts
- Includes
  - · Granola bars
  - Cereal bars
  - Cakes
  - Pop Tarts
  - Etc.



#### **Grains**

- Breakfast cereals may not contain more than 6 grams of sugar per dry ounce
  - Easiest to use WIC approved cereal brands



To determine compliance with the cereal sugar limit:

6 grams per dry ounce = 6 / 28.35 = **.212** (or less)

When looking at labels:

Take the number of grams of sugar and divide it by the serving size in grams. If the answer is equal to or less than .212 the cereal is allowed.

#### **Grains**

 Uses ounce equivalents to determine serving sizes for grains (starting October 1, 2019)



#### **Meat and Meat Alternates**



 May substitute the ENTIRE grains component at breakfast a maximum of three times per week

Allows tofu



#### **More on TOFU**

- Tofu and Soy Products not creditable for infants
- ❖Tofu must be easily recognized
- Tofu noodles is not okay
- Tofu mixed to point of not being recognized is not okay
- Tofu must contain 5 grams of protein per 2.2 ounce serving (or 2.27 grams of protein per ounce)

#### **Meat and Meat Alternates**

- Yogurt may not contain more than 23 grams of sugar per 6 ounce serving (or 3.83 grams per ounce)
- If 8 ounce servings, 30 grams sugar max
- If 4 ounce servings, 15 grams sugar max
- If 2 ounce servings, 7 grams sugar max



#### Fluid Milk

- 1 year old children: whole, unflavored milk
- 2 year olds and older and adults: low-fat or fat-free milk (no change)
- \* Adults: yogurt in place of milk once per day
- Non-dairy beverages (no change)



#### **Flavored Milk**

Children 0 through 5 years old

Prohibits flavored milk Children 6 years old and older and adults

Recommends as a best practice that flavored milk contain no more than 22 grams of sugar per 8 fluid ounces

### Food Preparation – Prohibits Deep Fat Frying

- Deep-fat frying = cooking by submerging in hot oil or other fat
- Can be pre-fried before purchase (e.g. chicken nuggets, corn dogs, etc.)
- Not required for purchased meals <u>from vendor</u>, through <u>contract</u>



- Prohibits use of food and beverage for reward or punishment
- Offer and make water available
- ❖Offer vs. Serve at risk sites
- Parent/guardian may provide up to one component
- Family style meals
   If pouring milk, must give full amount (not on handout)

**IMPLEMENTATION PLAN** 

## Webpage resources

CACFP Meal Standards webpage:

http://www.fns.usda.gov/cacfp/meals-and-snacks







## **Early Implementation**

- Option 1 You may implement the following changes at any time without approval
  - •Reimbursement of infant meals when the mother breastfeeds on site.
  - Allowing yogurt, whole eggs, and ready to eat cereals for infants.
  - Serving meat and meat alternates in place of the entire grains component for breakfast up to three times per week.
  - Counting tofu and soy yogurts as a meat alternate

Early Implementation – Option 2		_
You may request approval to implement the		
entire updated meal pattern.		_
Send:		
❖Written request for early implementation & date <u>desired</u>		
<ul> <li>Cannot guarantee approval by that date</li> <li>A copy of the planned menus</li> </ul>		
Documentation of staff training		
All staff that plan, prepare, serve meals must be trained prior to approval Training Documentation:		
• Dated agenda • List of those in attendance		
❖You must receive approval before you begin following the		
full meal pattern		
Technical Assistance – 1 year		
*Reviews in 2016-2017		
*Reviews in 2016-2017     *Technical Assistance for Errors		
Technical Assistance for Errors		
♦Not up for Review?		
<ul> <li>Feel free to send your menus and labels to Melissa Halling</li> </ul>		
Melissa Halling		
Child and Adult Nutrition Services		
800 Governor's Drive Pierre, SD 57501		
Email: Melissa.Halling@state.sd.us		
Fax: (605) 773-6846		
<b>Training Certificates</b>		
framing certificates		
♦Need a Certificate?		
• Send:	· · · · · · · · · · · · · · · · · · ·	
List of first and last names of all individuals participating		
• To:		
Melissa.Halling@state.sd.us		
A.M. 4		
*Notes		
<ul> <li>This training does <u>not</u> count for training in all required CACFP topics (only meal patterns).</li> </ul>		

• This training counts for 2016-2017 (not 2017-2018) training for the CACFP.